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NUTRITION COMMITTEE NEWS

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Reserve For exchange of information on nutrition education and school lunch activities.

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NUTRITION FOR THE AGING—RECENT ACTIVITIES

Nutrition Committees

The Oregon State Nutrition Council is planning demonstrations on how to prepare simple low-cost dishes using little equipment as a follow-up of the Nutrition Institute on "Eating for Health and Happiness as We Grow Older." The Institute was held jointly with the Oregon Council of Social Agencies last spring. A bibliography on food for the aging prepared by the Portland library and the food for oldsters issue of the Council's "Stretching Your Food Dollar" series supply materials for use in the follow-up program.

Community organization to meet the needs of the aging from medical, health education, and sociological aspects was discussed at a meeting of the Health Council of Greater New York. They have a bibliography on food for older folks prepared by the Food and Nutrition Division of the Council.

Second International Gerontological Congress

Greater attention to the dietary habits and nutritional needs of older people was called for at the Second International Gerontological Congress last September in St. Louis, Mo. About 1,000 experts in fields ranging from nutrition and medical research to insurance statistics, labor, and home building attended the Congress. Forty-five governments or nations were represented. Thus those attending had the advantage of hearing the subject discussed from the viewpoint of many professions and in the light of conditions existing in many countries.

The importance of the problem of aging was pointed out by Federal Security Administrator, Oscar R. Ewing, who said that "the average length of life in the United States has increased to a record high of nearly 68 years." Census data show that about 1 out of every 13 persons now in the United States is 65 years of age or older. The present trend indicates that by 1960 the proportion may be as large as 1 out of 11 persons.

Emphasized in many of the sessions was the idea that personal adjustment in later years follows the pattern developed in the growing period and that a well-ordered earlier life with proper guidance is the

prelude to a happy and healthy old age.

The program and abstracts of papers given in St. Louis are reported in the Journal of Gerontology, Vol. VI, No. 3 Supp. In research papers concerned with nutrition, attention was given to protein and other nutrient requirements of older persons, cholesterol metabolism, and diet in relation to symptoms and diseases frequent among the aged, with emphasis upon the dangers of being overweight.

The recent growth and specialization in the kinds of services and facilities available to all age groups was pointed out in the papers. With specialization, need increases for the coordination of these services into a unified and workable whole. In community planning it is important to give the aging a chance to participate in community activities.

How can older adults help to improve the quality of living in small communities? The answer is being sought in Michigan. A demonstration research project now 5 years old is being sponsored there by the Department of Public Instruction in cooperation with the W. K. Kellogg Foundation. The efforts and resources of various committees are being united to attack community problems. Some emphasis is given to nutrition in weekly radio programs.

The effectiveness of group therapy in motivating older persons was noted by Schwartz and Goodman of Cleveland's Mt. Sinai Hospital. Many obese diabetic patients over 50 years of age who had failed to lose weight under routine clinic management achieved significant reduction after joining a group which met weekly and discussed personal and other problems related to losing weight.

For State institutions caring for older persons and others where economy is essential, Mrs. Katherine Flack of the New York State Department of Mental Hygiene set these objectives—

..To develop a high standard of food preparation and service. An adequate diet, planned in terms of the nutritive and caloric needs of each patient and served attractively, is an important part of New York State's treatment for persons in institutions.

..To improve recipes nutritionally by including special foods rich in proteins, vitamins, and minerals, such as nonfat dry milk, soy flour and grits, wheat germ, and

brewers yeast. Recipes are standardized for these institutions and cooks are trained to use them.

Ways nutritionists can help the aged to maintain their health were listed by Dr. Clive W. McCay of Cornell University as—

- ..Direct research toward defining needs of the aged.
- ..Assist in developing foods of special value for the aged, such as those rich in milk solids.
- ..Prevent fraud and exploitation in foods.
- ..Carry on special educational programs, especially with older folks, who tend to consume monotonous diets of low nutritive value.

A Committee on Aging

A Committee on Aging and Geriatrics, with Clark Tibbitts of the Public Health Service, Federal Security Agency, as chairman, has been organized to work with private organizations and government agencies on problems arising from the increasing number of older persons in the population. Membership is made up of representatives of various agencies in the Federal Security Agency, the Departments of Agriculture, Commerce, and Labor, and the Housing and Home Financing Agency. The committee has three purposes—

- (1) To develop methods for integration of older persons in our total mobilization effort.
- (2) To collect information about characteristics and potentialities of older people, problems experienced by them and their families, and programs to meet these problems.
- (3) To satisfy increasing demands for information and guidance from public and private organizations.

State Conference on Aging

As a follow-up of the National Conference on Aging held in August 1950, the Governor of North Carolina called a conference in June 1951 of workers in the State concerned with care of older persons. An account of the conference and news of activities in other States are given in *Aging* for August 6, 1951. *Aging* is available from the Federal Security Agency, Washington 25, D. C.

NUTRITION ASSISTANCE FOR CHILD-CARING INSTITUTIONS

Child-caring institutions are taking advantage of advisory services on food management and the nutrition of children offered by nutrition committees and health and welfare agencies having nutritionists. For example—

The California Inter-Agency Committee on Food and Nutrition appointed a subcommittee to establish

criteria for daily (or weekly) rations and to set up standards expressed in amounts of food for children and adults for use in State institutions and social welfare programs.

The New Hampshire State Nutrition Committee takes part with the Child Caring Association in annual food workshops for institutions sponsored by the State Health Department. One-day sessions cover institutional buying, menu planning, food preparation, sanitation, and kitchen management. School lunchroom managers, superintendents, physicians, county commissioners, matrons, cooks, chefs, business managers, nutritionists, dietitians, stewards, social workers, and purchasing agents attend. In addition, the Committee in 1950 cooperated with the State Department of Health in arranging for a study of the nutritional conditions of children in a foster home and reporting the findings and recommendations.

In Arkansas, at the request of the State Welfare Department—

..A nutritionist in the Maternal and Child Health Division of the Board of Health helped child-caring institutions with planning menus, securing and using surplus foods, remodeling kitchens, and selecting new equipment ..arranged group discussions with house mothers and kitchen personnel on food habits of children—held classes on menu planning for the girls in a Training School..gave information on prenatal diets to the young women and the food manager in a Florence Crittenden home.

..Sanitarians, after inspecting food service facilities, made recommendations for improving sanitation.

..A 1-day institute was held for food managers in southeastern Arkansas.

In Indiana nutritionists in the State Board of Health and the State Department of Public Welfare planned and participated in 1-day institutes for workers in child-caring institutions. The superintendent, matron, head cook, and a member of the board of each institution were invited. The program usually consisted of a food demonstration and discussion of children's food needs and sanitation. Each person evaluated the meeting on an easy-to-fill form. The comments guided the committee in planning other programs.

WHITE HOUSE CONFERENCE FOLLOW-UP

To give national leadership in carrying out the objectives of the Midcentury White House Conference on Children and Youth, the nongovernmental National Midcentury Committee for Children and Youth has been organized. It held its first meeting in Chicago

October 29-30. A small central staff will provide service and information. The address is National Mid-century Committee for Children and Youth, 160 Broadway, New York 7, N. Y.

Members serve as private citizens and come from all parts of the country and many backgrounds of experience in work with children and young people. Leonard W. Mayo, director of the Association for the Aid of Crippled Children, has been elected chairman.

The Committee's relationships with Federal agencies is maintained through five liaison representatives named by the Interdepartmental Committee on Children and Youth, who serve without vote. The Interdepartmental Committee was established in 1948 to enable federal agencies concerned with children and youth to strengthen cooperative work.

Meantime, States are active in local follow-up programs. According to a report in *The Child*, issued by the Children's Bureau, for August-September 1951, thousands of meetings were held in the 6 months following the conference to explore the implications of the Conference findings and to establish priorities for achieving Conference goals. Little White House Conferences met in more than half the States.

The Connecticut, Illinois, Ohio, South Dakota, and Texas Nutrition Committees were among the many organizations that studied the conference findings, according to reports we have received. In the State of Washington, the organization set up to carry out the program on youth conservation is patterned on that of the State nutrition committee, says Chairman Velma Phillips. During Ranch, Farm, and Home Week students at Wyoming University put on plays that were given at the White House Conference on Children and Youth. Discussions followed each play. These plays have been given in many of the counties of the State and many more are planned. "We feel that they are an excellent tool for extending this program to rural areas. In some counties we are using the platters which were made of the panel discussions and some of the talks," writes Evangeline J. Smith, chairman of the Nutrition Subcommittee of the Wyoming Public Health Association.

NEW MATERIALS

NATIONAL ASSOCIATION FOR MENTAL HEALTH, INC., 1790 BROADWAY, NEW YORK 19, N. Y.

Eating patterns of children; a guide for doctors and nurses. 16 pp., illus. 15c. each for 1-99 copies; \$8 per 100 for 100-999 copies; \$6.50 per 100 for 1,000-4,999 copies; \$5.50 per 100 for 5,000-9,999 copies.

New Chief of Children's Bureau

Martha M. Eliot, M. D., has been appointed chief of Children's Bureau, following Katharine F. Lenroot's retirement. For the past 2 years Dr. Eliot has been Assistant Director-General of the World Health Organization. Prior to that she gave many years of service to the Children's Bureau.

Eating problems of children; a guide for parents. 17 pp., illus. Same prices as above.

RESEARCH DEPARTMENT, WELFARE COUNCIL OF METROPOLITAN LOS ANGELES, LOS ANGELES, CALIF.

The food study in Los Angeles. Analysis of the unit cost and nutritional adequacy of feeding in 13 Los Angeles community chest children's agencies. (Pub. 10) \$1.50

ELIZABETH MCCORMICK FUND, 848 DEARBORN ST., CHICAGO 10, ILL.

Practical guide for food service in nursery schools and group care centers. Edna Mohr. 34 pp., illus. 50c.

PUBLIC HEALTH FEDERATION, 312 W. NINTH ST., CINCINNATI, OHIO.

Home cooking for you. (Food suggestions for older persons.) 8 pp., illus. Sample copies free.

EVAPORATED MILK ASSOCIATION, 307 N. MICHIGAN AVE., CHICAGO 1, ILL.

Group feeding of the aged. (Prepared at the request of and in cooperation with the State of California Department of Social Welfare) 16 pp., illus.

HEALTH PUBLICATIONS INSTITUTE, INC., 216 N. DAWSON ST., RALEIGH, N. C.

Man and his years. (Account of first National Conference on Aging, sponsored by Federal Security Agency). 320 pp. (HPI-51-93) Clothbound, \$3.25 per copy; paper bound, \$1.75 per copy.

EXTENSION SERVICE, UTAH AGRICULTURAL COLLEGE, LOGAN, UTAH.

Facts about food and nutrition. Prepared by Utah State Nutrition Council to combat misinformation. Utah Ext. Bul. 226, 31 pp., illus. 1950. 10c.

HEALTH COUNCIL OF GREATER NEW YORK, 257 FOURTH AVE., NEW YORK 10, N. Y.

Approved films on food and nutrition. 1950-51 supp. Prepared by Food and Nutrition Division. 25c.

GOVERNMENT PRINTING OFFICE, SUPERINTENDENT OF DOCUMENTS, WASHINGTON 25, D. C.

Motion pictures of the United States Department of

Agriculture. U. S. Dept. Agr. Agr. Handbook 14, 53 pp., illus. 25c.

School lunch and nutrition education. Some questions and answers. Interdivisional Committee on Nutrition Education and School Lunch of the Office of Education, under the direction of Edna P. Amidon, chairman. U. S. Off. Ed., FSA Bul. 1951, No. 14, 12 pp. 10c.

Sensory methods for measuring differences in food quality. Review of literature and proceedings of conference. E. H. Dawson and B. L. Harris, BHNHE. U. S. Dept. Agr. AIB-34, 134 pp., illus. 35c.

PRODUCTION AND MARKETING ADMINISTRATION, USDA, WASHINGTON 25, D. C.

Participation of Negro children in school lunch programs. U. S. Dept. Agr. PA-169, 23 pp., illus. Free.

Cooking fresh vegetables for the school lunch. 6 pp. (Processed)

U. S. grades for beef. U. S. Dept. Agr. L-310, 6 pp., illus.

OFFICE OF INFORMATION, USDA, WASHINGTON 25, D. C.

Home freezing of fruits and vegetables. BHNHE. U. S. Dept. Agr. Home and Gard. Bul. 10, 48 pp., illus.

Apples in appealing ways. M. T. Swickard, BHNHE. U. S. Dept. Agr. L-312, 20 pp. illus.

Recipes for quantity service. BHNHE. U. S. Dept. Agr. PA-178 (Food Service IV), 27 pp.

Bread formulas containing 6 and 10 percent milk solids. U. S. Dept. Agr. PA-185 (In press.) (supersedes PA-106)

FOOD AND DRUG ADMINISTRATION, FSA, WASHINGTON 25, D. C.

Read the label of foods, drugs, devices, cosmetics. FSA Misc. Pub. 3, 38 pp., illus. Single copies free.

PUBLICATION OFFICE, NATIONAL RESEARCH COUNCIL, 2101 CONSTITUTION AVE., WASHINGTON 25, D. C.

Maternal nutrition and child health. NRC Bul. 123, 174 pp. 1950. \$2.

Artificial enrichment of white rice as a solution to endemic beriberi. R. R. Williams, et al. Reprint of article in Jour. Nutr., Dec. 1950. Free

REFRIGERATED STORAGE FOR SCHOOL LUNCHROOMS

The Production and Marketing Administration has prepared a new 14-panel display entitled "Refrigerated storage for school lunch programs," a companion piece to last year's "A look at the school lunch storeroom." These posters have been distributed to State school

lunch agencies for use in workshops and training programs. Miniature reproductions in pamphlet form have been provided State agencies for distribution to school lunch managers and cooks attending workshops. State nutrition committee or other State agencies desiring to use these materials should contact their State School Lunch Director.

Comments on Nutrition Committee News

Thank you for comments on NCN. They will serve many useful purposes.

The purpose of NCN is to inform members of State and local nutrition committees about Federal programs relating to nutrition and to report activities of State and local committees that show how groups are working together to improve nutrition in their localities.

You have indicated that the list of New Materials is helpful. We shall continue to list U. S. Government and such State and organization publications as seems practical. If you have available for distribution nutrition materials that you are finding particularly successful send us copies and let us know how others may order them.

Space often does not permit us to do more than direct attention to activities. If you want more information about some item, let us know and we shall refer your inquiry to the source of our information.

Many of you have indicated that reports of what other groups have done successfully have given you ideas for your own programs. Please reciprocate and let us know about successful programs you have carried on, giving details of how agencies have cooperated.

We hope to treat the following topics in future issues of NCN and will appreciate any reports you can send us about work you may have done along these lines:

Nutrition in civil defense	Family food budgets
School lunch activities	Low cost foods
Diet fads and misinformation	Weight control
Nutrition teaching—materials, methods, activities	